



Fort Sam Houston News Leader



Vol. 39, No. 9

Fort Sam Houston – Home of Army Medicine

March 8, 2007

Briefs . . .



Set your clocks ahead

Daylight Savings Time begins Sunday at 2 a.m. Set clocks ahead one hour at that time.

Special Operations Career Fair

A Special Operations Career Fair will be held today at 4 p.m., Building 2797, on Stanley Road. Visitors to the career fair will learn about opportunities in Special Forces, Psychological Operations, Civil Affairs, 160th Special Operations Aviation Regiment, 75th Ranger Regiment, U.S. Army Special Operations Command Support and Explosive Ordnance Disposal. Opportunities are available for male and female officers and enlisted. Informational briefings on Army Special Operations Forces jobs will be conducted hourly. For more information, visit www.bragg.army.mil/sorb.

Special Forces briefings

Special Forces recruiting briefings will be held today and Friday from 11:45 a.m. to 1 p.m. in Room 1 at the Army Community Center, Building 2797, on Stanley Road. For more information, call 1-877-217-7131.

'Marketing Yourself for a Second Career'

The Army Career and Alumni Program will host a seminar called "Marketing Yourself for a Second Career" Tuesday from 9 to 11:30 a.m. in Blesse Auditorium, Building 2841, Stanley Road. The guest speaker will be retired Marine Col. Dick Crampton. The event is sponsored by The Military Officers Association of America and is open to all senior enlisted and officers planning to retire from the military. For more information or to make reservations, call Russ Lane at 221-1213.

Change of command

The Defense Contract Management Agency, NASA Product Operations change of command will be held March 15 at 10 a.m. in the Bexar Ballroom of the Sam Houston Club, Building 1395. Air Force Col Jeffrey A. Brand will relinquish command to Air Force Col. Ray P. Harris.

Professional Bull Riders event

The Professional Bull Riders and South Texas Ford dealers invite the post community to a military appreciation preview of the Ford Country Classic March 15 from 10:30 a.m. to 12:30 p.m. at the Fort Sam Equestrian Center, Building 3550, on Hawkins Road off Binz-Engleman Road. Meet seven-time World Champion All-Around Cowboy and PBR President Ty Murray and the 2004 PBR World Champion Mike Lee, as well as other bull riders and bulls.

Senior Leader Equal Opportunity Training

Senior Leader Equal Opportunity Training will be held March 16 from 8 to 10 a.m. at Blesse Auditorium. The training is required every fiscal year for majors, lieutenant colonels, colonels, sergeants major, command sergeants major and GS-13s and above. For more information, call Master Sgt. Ricky Evans at 295-0561.

AKO training

Army Knowledge Online Hands-On Training will be held March 20 from 8:30 to 11:30 a.m. and 1 to 4 p.m. For more information, call Julie Gueller at 221-6203.

See **BRIEFS** on Page 4



Retired Air Force Col. Robert H. Karre, vice flight captain of Stinsons Flight No. 2, Order of Daedalians, Oliver R. Crawford, member of the Order of Daedalians, and Jack Dibrell, president of Army Aviation Association of America, Quad A, place a wreath at the granite landmark that marks the birth of military aviation.

Old, new commemorate first military flight

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

Fort Sam Houston commemorated the 97th anniversary of the first military flight Friday at the post's main flagpole, the same site where U.S. Army Lt. Benjamin Foulois boarded the "Signal Corps 'Aeroplane' No. 1" and circled Fort Sam Houston's MacArthur Parade Field.

The Stinsons Flight Number Two, National Order of Daedalians and The Jack Dibrell/Alamo Chapter of Army Aviation Association of America hosted

the historical event.

Three vintage Stearman aircraft introduced the late morning ceremony with a flyover, along with four Army helicopters at parade rest in the wings paying homage to the military's first flight.

Retired Air Force Col. Robert H. Karre, vice flight captain of Stinsons Flight No. 2, Order of Daedalians, opened the ceremony by thanking the 4th Infantry Division and the 149th Aviation, Texas Air National Guard, for aircraft support. Karr then introduced the guest speaker, Oliver "Ollie" R. Crawford, a

member of the Order of the Daedalians and former World War II pilot.

In his address, Crawford retraced the military history of Foulois by highlighting his major contributions to aviation; starting from his beginnings here at Fort Sam Houston, his battles with Congress over aviation issues and his final position as chief of Air Corps in Washington D.C. Foulois believed in the importance of air power and building of a strong Air Corps. "We are here today because of Foulois' tenacity and determination," Crawford said.

See **MILITARY FLIGHT** on Page 4

Wounded warriors invited to career fair

A series of specialty classes and workshops will take place next month to help service members prepare for the Hiring Heroes Career Fair, which will be held March 27 at the Sam Houston Club, 1395 Chaffee Road. All service members wounded in support of Operations Iraqi and Enduring Freedom are welcome to attend.

The following Career Fair preparation classes will be offered:

Resume writing workshop

The workshop will be held March 26 from 9 a.m. to 4 p.m. at the Sam Houston Club, 1396 Chaffee Road. This class offers the opportunity to prepare a resume and be able to present to potential employees at the Hiring Heroes Career Fair.

ACAP's Job Fair Prep Class

This class will be held Monday

See **CAREER FAIR** on Page 3

You are cordially invited to participate in the
Hiring Heroes Workshop & Career Fair
(Job Opportunities for Injured Service Members and their Spouses)

Monday, March 26, 2007
Resume Writing Workshop, 9:00 AM to 4:00 PM

Tuesday, March 27, 2007
Career Fair, 9:00 AM to 3:00 PM

Sam Houston Club
1395 Chaffee Road
Fort Sam Houston, TX

Come to get help and learn how to write professional resumes. Talk with more than 50 DoD, federal and private sector recruiters about opportunities in various civilian career fields.

For more information, call Roland Umipeg at 1-888-363-4872, ext. 759

ASMIS-2 reaches across Department of Defense

By Kelly Widener
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — A tool used by Soldiers to assess the risk of driving their privately owned vehicles on trips is now the same tool that Airmen, Sailors, Marines and Coast Guardsmen will use beginning early March.

Formally adopted across the Department of Defense, the tool known to Soldiers as ASMIS-2 — Army Safety Management Information System-2 — officially became TRiPS, or Travel Risk Planning System.

The tool was adopted because of its ability to give users a comprehensive risk assessment based on their travel plans and recommend certain actions to help lower risks.

“ASMIS-2’s greatest value has always been the one-on-one interaction and dialogue it promotes between the supervisor and subordinate,” said the U.S. Army Combat Readiness Center Sgt. Maj. David Griffith. “The specific questions asked about an upcoming trip allow supervisors and Soldiers to engage and help identify potential faults in driving plans and help provide other alternatives.”

“To date, no Navy personnel who have been traveling on a risk assessment have been involved in a fatal motor vehicle accident.”

Capt. Bill Glenn
Director of shore safety at the Naval Safety Center

The online tool was adopted last year by the Navy, Marines and Coast Guard and recently this year by the Air Force. Since its implementation in the Army, more than 1,783,000 assessments have been completed by Soldiers, with six fatalities occurring during an assessed trip. Statistics show that those using the tool may be less likely to be involved in fatal mishaps. TRiPS is expected to continue with the same results across all service branches.

“Since the release of TRiPS, 29,061 Sailors have registered for accounts and 15,452 risk assessments have

been completed,” said Capt. Bill Glenn, director of shore safety at the Naval Safety Center. “To date, no Navy personnel who have been traveling on a risk assessment have been involved in a fatal motor vehicle accident.”

While elements of ASMIS-2 remain the same — such as inputting information like the type of vehicle being driven, age, start and end points, expected sleep before traveling, seat belt use and more — TRiPS offers more than just a name change. The tool offers additional features specifically for supervisors. One of the new features allows supervisors to view the TRiPS activity of their subordinates two levels down, which offers more opportunity for leadership engagement and awareness.

“TRiPS will continue to provide users with risk awareness features such as the mapping feature,” said Griffith. “However, the new features make this positive and proven tool even more valuable in the fight against POV fatalities of not only our Solders, but all DoD service members and civilians.”

For more information, visit the U.S. Army Combat Readiness Center’s Web site at <https://crc.army.mil>.

Fort Sam Houston News Leader

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Army names new Walter Reed commander

The U.S. Army announced Friday that Maj. Gen. Eric B. Schoomaker will become the commanding general of the North Atlantic Regional Medical Command and Walter Reed Army Medical Center.

Schoomaker currently is the commanding general of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md.

Schoomaker was selected for this important leadership position because of his considerable command experience at every level of the U.S. Army's medical profession.

Prior to his Fort Detrick duties, Schoomaker was commander of Evans Army Community Hospital at Fort Carson, Colo., from June 1997 to May 1999; commander of the 30th Medical Brigade and Corps Surgeon for V Corps in Germany — the largest combat-support hospital in Europe — from April 2001 to

June 2002; and commanding general of Dwight D. Eisenhower Army Medical Center/Southeast Regional Medical Command at Fort Gordon, Ga., from June 2002 to June 2005.

“Gen. Eric Schoomaker has the right blend of leadership, professional expertise and personal experience for this position,” said Gen. Richard Cody, vice chief of staff of the U.S. Army.

The Army plans to announce soon a deputy commanding general of Walter Reed Army Medical Center to assist in commanding the North Atlantic Regional Medical Command and Walter Reed Army Medical Center. This general officer will be a proven combat-arms field commander who will bring other professional talents and Soldier skills to the hospital's leadership team.

“Gen. Eric Schoomaker has the right blend of leadership, professional expertise and personal experience for this position.”

Gen. Richard Cody
Vice Chief of Staff of the U.S. Army

Last week the Army also selected a combat arms lieutenant colonel and a command sergeant major to provide structured and caring leadership to the medical hold/medical holdover brigade.

(Source: Army news release)

Army secretary resigns in wake of Walter Reed shortfalls

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — Defense Secretary Robert M. Gates announced Friday that he has accepted the resignation of Army Secretary Francis J. Harvey in light of allegations of shortfalls in care of outpatients at Walter Reed Army Medical Center here.

Published reports in February shed light on shortcomings in outpatient care for troops wounded in Iraq and Afghanistan. Army officials announced yesterday that the hospital commander, Maj. Gen. George W. Weightman, had been relieved of duty.

In announcing that Harvey had resigned, Gates expressed disappointment that Army leaders were not taking the situation seriously enough.

“I am disappointed that some in the

Army have not adequately appreciated the seriousness of the situation pertaining to outpatient care at Walter Reed,” he said in a brief statement at the Pentagon. “Some have shown too much defensiveness and have not shown enough focus on digging into and addressing the problems.”

He also said he is concerned that some Army leaders hadn't communicated well enough that caring for wounded troops is their top priority.

“Addressing (troops' and their families') concerns about the quality of their outpatient experience is critically important,” Gates said. “Our wounded Soldiers and their families have sacrificed much, and they deserve the best we can offer.”

In contrast to his criticism of Army leaders, Gates praised the medical staff at Walter Reed for “their professionalism and dedication to providing caring treatment.”

“From what I have learned, the prob-

lems at Walter Reed appear to be problems of leadership,” he said. “The Walter Reed doctors, nurses and other staff are among the best and the most caring in the world. They deserve our continued deepest thanks and strongest support.”

Harvey had been secretary of the Army since Nov. 19, 2004. Gates announced that Undersecretary of the Army Pete Geren will serve as acting secretary until a new secretary is in place. Geren served as acting secretary of the Air Force from July to November 2005.

Army officials announced after Gates' news conference that Maj. Gen. Eric R. Schoomaker will be the new commander of Walter Reed Army Medical Center and North Atlantic Regional Medical Command. Schoomaker currently is the commanding general of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md.



Photo by Staff Sgt. Carmen L. Burgess
Secretary of the Army Francis J. Harvey answers questions Friday during his first appearance in the Pentagon press briefing room. Secretary of Defense Robert M. Gates announced to reporters March 1 that he had accepted Harvey's resignation in the wake of Walter Reed outpatient-care shortfalls.

VA program can benefit veterans, spouses

‘Aid and Attendance’ under-used pension

WASHINGTON — The Department of Veterans Affairs is reaching out to inform wartime veterans and surviving spouses of deceased wartime veterans about an under-used, special monthly pension benefit called Aid and Attendance.

“Veterans have earned this benefit by their service to our nation,” said Secretary of Veterans Affairs Jim Nicholson. “We want to ensure that every veteran or surviving spouse who qualifies has the chance to apply.”

Although this is not a new program, many people are not aware of it or of their potential eligibility. The Aid and Attendance pension benefit may be available to wartime veterans and surviving spouses who have in-home care or who live in nursing-homes or assisted-living facilities.

Many elderly veterans and surviving spouses whose incomes are above the congressionally mandated legal

limit for a VA pension may still be eligible for the special monthly Aid and Attendance benefit if they have large medical expenses, including nursing home expenses, for which they do not receive reimbursement.

To qualify, claimants must be incapable of self support and in need of regular personal assistance.

The basic criteria for the Aid and Attendance benefit include the inability to feed oneself, to dress and undress without assistance or to take care of one's own bodily needs. People who are bedridden or need help to adjust special prosthetic or orthopedic devices may also be eligible, as well as those who have a physical or mental injury or illness that requires regular assistance to protect them from hazards or dangers in their daily environment.

For a wartime veteran or surviving spouse to qualify for this special monthly pension, the veteran must have served at least 90 days of active military service, one day of which was during a period of war, and be discharged under conditions other than dishonorable.

Wartime veterans who entered active duty on or after Sept. 8, 1980, (Oct. 16, 1981, for officers) must have completed at least 24 continuous months of military serv-

ice or the period for which they were ordered to active duty.

If all requirements are met, VA determines eligibility for the Aid and Attendance benefit by adjusting for unreimbursed medical expenses from the veteran's or surviving spouse's total household income. If the remaining income amount falls below the annual income threshold for the Aid and Attendance benefit, VA pays the difference between the claimant's household income and the Aid and Attendance threshold.

The Aid and Attendance income threshold for a veteran without dependents is now \$18,234 annually. The threshold increases to \$21,615 if a veteran has one dependent and by \$1,866 for each additional dependent. The annual Aid and Attendance threshold for a surviving spouse alone is \$11,715. This threshold increases to \$13,976 if there is one dependent child and by \$1,866 for each additional child.

For more information, call 1-800-827-1000, visit www.va.gov or stop by any local veterans service organization. Applications may be submitted online at <http://vabenefits.vba.va.gov/vonapp/main.asp>.

(Source: VA news release)

Career fair

Continued from Page 1

from 9 to 11 a.m. in the ACAP classroom, 1706 Stanley Road, and will include how to work a job fair, a list of employers and jobs review, last chance resume critique and assistance. For reservations, call 221-1213.

Federal Job Application Development

Kim Goffar, Office of Personnel Management, will teach this class followed by live, online input. Classes will be held today from 1 to 4 p.m. at the Brooke Army Medical Center IMD/CHCS Training Classroom; and Monday from 1 to 4 p.m. at the ACAP Center, 1706 Stanley Road. For reservations, call 916-6284.

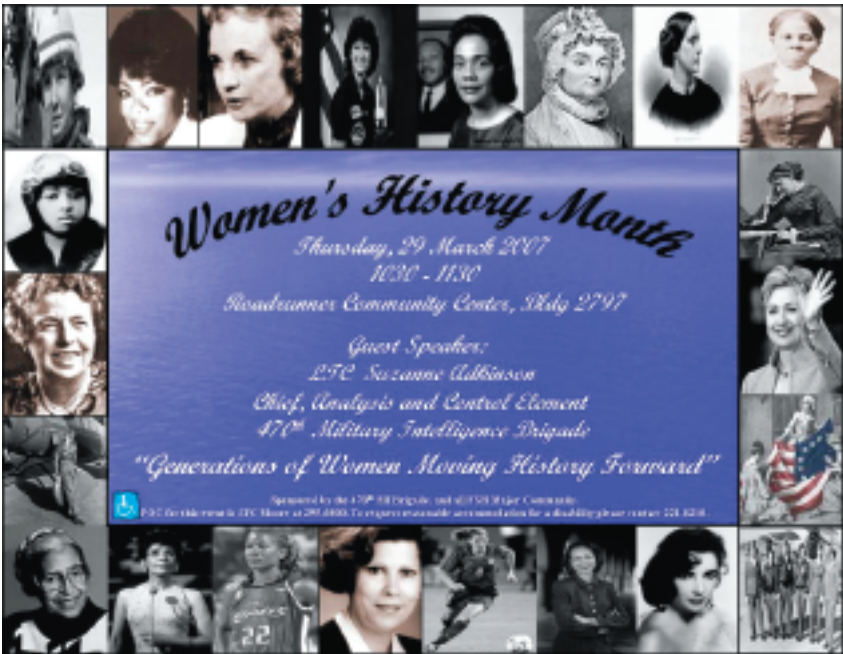
Marketing Yourself for a Second Career Seminar

The seminar will be presented by retired Col. Dick Crampton, Military Officers Association of America, Tuesday from 9 to 11:30 a.m. at Blesse Auditorium in Willis Hall, Building 2841 on Stanley Road. Reservations are not required.

Civilian Resume Review and Assistance Workshop

ACAP will present this workshop Wednesday and March 21 from 1 to 4 p.m. in the ACAP classroom, 1706 Stanley Road. For reservations, call 221-1213.

For more information, call the ACAP Center at 221-1213 or visit the center at 1706 Stanley Road.



Women's History Month

Thursday, 29 March 2007
1030 - 1130
Blossmanner Community Center, Bldg 2797

Guest Speakers:
E5C Suzanne Adkins
Chief, Analysis and Control Element
470th Military Intelligence Brigade

"Generations of Women Moving History Forward"

Sponsored by the 470th Military Intelligence Brigade
470th Military Intelligence Brigade
470th Military Intelligence Brigade

Briefs

Continued from Page 1

Job Fair

The San Antonio military community job fair will be held March 19 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, located at 8101 Pat Booker Rd. The job fair is for anyone affiliated with the military. For more information, call Gabriele Dias at 221-0516 or 221-2705.

Newcomers' Extravaganza

Newcomers Extravaganza will be held March 20 from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Traffic safety training

Local Hazards training and Intermediate Traffic Safety Training courses will be held March 22 from 8 to 11 a.m. in the Public Works Scheduling Room, Building 4196. As part of the Army Traffic Safety Training Program, Army personnel newly assigned to an Army installation are required to take Local Hazards Training and Soldiers less than age 26 are required to take Intermediate Traffic Safety Training upon assignment to an Army installation. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

Women's History Month

The Women's History Month commemoration will be held March 29 from 10:30 to 11:30 a.m. at the Roadrunner Community Center, Building 2797. The guest speaker will be Lt. Col. Suzanne Adkinson, chief, Analysis and Control Element, 470th Military Intelligence Brigade. The event is sponsored by the 470th MI Brigade and Fort Sam Houston major commands. For more information, call Sgt. 1st Class Karen Moore at 295-6800. To request reasonable accommodation for a disability, call 221-0218.

Fort Sam tax center

The Fort Sam Houston Military Tax Assistance Center is open Tuesdays through Fridays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 2 p.m. and closed Sundays and Mondays. The center is located behind the Legal Office in Building 133. Tax returns will be completed on an appointment-only basis, with the exception of 1040EZ filers, who can walk in. For more information or to make an appointment, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

BAMC tax center

The Brooke Army Medical Center Military Tax Assistance Center is open to assist active duty, retirees, and Reserve and National Guard service members on orders for more than 30 days. The tax center is open Mondays through Fridays from 9 a.m. to 4 p.m., and is located on the fifth floor of BAMC in Room 513-19 (Pediatrics Ward). For more information or to make an appointment, call 916-1040. Walk-in service is available on a first-come, first-served basis for 1040EZ filers only.

Army Emergency Relief kick off

The Annual Army Emergency Relief Fund Campaign will be conducted Army-wide through May 1. At Fort Sam Houston, the campaign period will be April 1 through May 1. The kick-off meeting for project officers and key personnel will be held Wednesday at 10 a.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. Details for conducting the campaign will be discussed and campaign materials will be distributed at that time. Names of selected project officers and key workers should be reported to the AER office no later than today. For more information, call the AER office at 221-1612.

DoD child care centers rank No. 1 in U.S.

By Margaret McKenzie
Family and Morale, Welfare and Recreation Command

ALEXANDRIA, Va. — Child care centers run by the Defense Department were named No. 1 in the United States for best standards and oversight yesterday by the National Association of Child Care Resource and Referral Agencies. “We are pleased that this independent review of our child care standards and oversight practices lead the nation,” said Leslye A. Arsht, deputy under secretary of defense for the Military Community and Family Policy. “The report findings reflect a great deal of hard work and commitment to excellence within the Department of Defense.”

The military child care system offers full-day, part-day and hourly child care; part-day preschools; before- and after-school programs for school-age children; and care in family child-care homes. More than 200,000 children from four weeks to age 13 are cared for in over 300 locations at worldwide installations each day. The NACCRRRA reviewed state child care center policies and regulations for 50 states, the District of Columbia and DoD. The DoD child care system stood alone, Arsht said,

Military flight

Continued from Page 1

“The most important lesson Foulois left with us with had nothing to do with tactic, strategy or airplanes,” he said. “His most important lesson was that without full support of the American public, any military program or initiative or conflict is doomed to fail before it begins.” “Something else we learn from Foulois,” Crawford said, is “that it’s not good enough to fight well in the air; we need to dominate every environment that we operate in. We should not be satisfied with mediocrity; we should be only be interested in overwhelming superiority. Anything less is unacceptable.” After Crawford’s closing remarks, Karre asked the audience to stand for a moment of silence. Karre, Crawford and retired Col. Stewart Wyland, president Jack Dibrell/Alamo Chapter, Army Aviation Association of America, then placed a wreath at the granite landmark that marked the birth of military aviation.

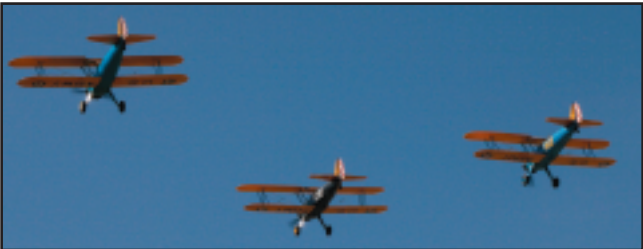
Maj. Gen. Benjamin Foulois

Foulois graduated from the Army Signal School in 1908 and first learned to fly on the Army Dirigible No. 1, a lighter-than-air engine-propelled airship. He later participated in the trials of the Wright Flyer with the Wright brothers. During the trials, Foulois was on board in the observer’s seat of the Wright Flyer with Orville Wright, and clocked the airplane’s landmark 10-mile flight time that qualified that airplane for acceptance into the Army. In February 1910, Foulois was transferred to Fort Sam Houston with a team of enlisted men known as his “flying Soldiers” and the Army’s only airplane, “Army Airplane No. 1.” Here, he learned to fly it himself, aided by instructions in letters from the Wright brothers. Foulois said that he was a “mail-order pilot” who had learned to fly through his correspondence with the Wright brothers.

Historic flight

Then, March 2, 1910, at Fort Sam Houston, Foulois climbed aboard the Army Airplane No. 1, and at 9:30 a.m. circled the field, attaining the height of 200 feet and circling the field at the speed of 30 mph. The flight only lasted

for seven and a half minutes. Foulois made four flights that day, crashing on the last flight due to a broken fuel pipe. The premier flight became known as the “birth of military flight” and Foulois became known as the “father of U.S. military aviation.” Foulois said, “I made my first solo, my first landing, and my first crackup — all the same day.” Foulois was relieved from flying duties in July 1911, and returned to aviation duty with the Signal Corps Aviation School at North Island, San Diego, Calif., in December 1913. He later commanded the 1st Aero Squadron in Mexico during the campaign to arrest Pancho Villa in 1916. He served as chief of air service, Air Expeditionary Force, in France from 1917 to 1918. Foulois was in charge of the materiel division at Wright Field from 1929 to 1930, and Dec. 20, 1931, became chief of the Army Air Corps. Foulois retired from active military service Dec. 31, 1935. He died April 25, 1967.



Photos by Minnie Jones
Bryan Cooke, lead, Mickey Chadwell and Jim Edell perform the flyover in vintage Stearman aircraft, to commemorate the 97th anniversary of the first military flight.



(Above) Oliver “Ollie” R. Crawford, a member of the Order of the Daedalians and former World War II pilot, addresses the audience at the anniversary of the first military flight.



(Left) A member of the UH60 Blackhawk-3-4 Assault Helicopter Battalion, 4th Infantry Division, talks with retired Col. Richard Robinson, chaplain of the Order of Daedalians, prior to the ceremony.



The UH60 Blackhawk-3-4 Assault Helicopter Battalion, 4th Infantry Division, talk with spectators before the ceremony Friday.

AAFES delivers comforts of home to wounded warriors

DALLAS — Since troops made their way to the Middle East after 9/11, the Army and Air Force Exchange Service has aggressively extended the Armed Forces’ exchange benefit to the frontlines.

Beyond the Operations Iraqi and Enduring Freedom theaters, AAFES has also delivered support to service members at Landstuhl Regional Medical Center in Germany since 2003 as part of Public Law 1559.

Now, with the opening of the Center for the Intrepid at Fort Sam Houston, AAFES is taking lessons learned in service to troops recovering from injuries received in a war zone to Brooke Army Medical Center. AAFES is ensuring that America’s wounded warriors have access to all of the essentials available at the Post Exchange through a dedicated personal shopper program.

“Because many of these service members are unable to leave their rooms, we are bringing the exchange benefit to them through their very own personal shopper,” said Fort Sam Houston General Manager Darryl Porter. “The shopping service allows troops recovering from amputations, burns and other serious injuries at BAMC to concentrate on their rehabilitation instead of worrying about

how they are going to get a clean pair of socks or comfortable T-shirt.”

AAFES’ personal shopper program relies on a clothing request form that indicates each service member’s sizes, such as waist and length for pants, shoe size and shirt size. The service members can also request special items that make their injuries more comfortable such as sleeveless shirts for arm and shoulder injuries, loose shorts or zip-away pants for leg injuries, and hats or scarves for head injuries. Most request comfortable clothing such as athletic shorts, T-shirts and wind suits for stays in the hospital and jeans and a polo shirt for the trip home.

The Fort Sam Houston Exchange is even taking steps to expand the BAMC personal shopper program by creating a catalog highlighting basic merchandise available to those unable to visit the BX/PX.

Section 1319 of Public Law 1559 allows AAFES to allocate \$250 toward the purchase of civilian clothing to qualifying service members who arrive at several military hospitals. To qualify for the allotment, service members must be medically evacuated from OEF or OIF. While the

Army bears the expense of the physical merchandise, the manpower and costs associated with making this program work are the responsibility of AAFES.

“The resolve to dedicate personal shopper positions to various hospitals is indicative of AAFES’ commitment to America’s troops,” said Chief Master Sgt. Bryan Eaton, AAFES senior enlisted adviser. “Whether they’re at their home station, deployed overseas, providing support in the wake of a natural disaster or even in the hospital, AAFES will be there to serve and support.”

In addition to their own personal shopper, an AAFES barber regularly makes the rounds to cut the wounded patients’ hair. Also, many celebrity and “retailtainment” events sponsored by AAFES include a visit to BAMC to visit with the troops.

The PX’s relationship to recovering troops doesn’t end at BAMC or Landstuhl. In fact, once service members are able to leave their own rooms, they are encouraged to shop or go to the food court as part of their rehabilitation. In many cases, an AAFES personal shopper goes along to assist with any needs that may arise.

(Source: AAFES news release)

Brooke Army Medical Center

March Wellness Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, 20 and 27	2 to 3:30 p.m.	BAMC, Health Promotion Center, lower level, Room L31-9V
Breast and GYN Cancer Support Group	Wednesday	9:30 a.m.	For location, call 916-3352
Diabetic Foot Care	Monday	1 p.m.	To schedule, call Family Medicine Service at 916-7932
Weigh for Health - Weight Management	Sunday	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261
Weigh for Health - Weigh to Stay - active duty military	Saturday	2 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261
Yoga	Wednesdays	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

* To schedule these classes, call 916-9900 and choose option 4.

Army Community Service

Family Advocacy Program March Class Schedule

Class Title	Dates	Time
Building Effective Anger Management Skills Series (BEAMS)		
Evening class, series 3 to 6	Wednesday, 21 and 28	4:30 to 6 p.m.
Daytime class, series 1 to 3	Monday, 19 and 26	11 a.m. to 12:30 p.m.
Helping Us Grow Securely (HUGS) playgroup	Tuesday, 20 and 27	9 to 11 a.m.
S.T.E.P. Program for Early Childhood School-Age Children, series 1 through 4	Today, 15 and 22	1 to 2:30 p.m.
Stress Management	Today	11 a.m. to 12:30 p.m.
Truth and Consequences, series 1 through 4	Wednesday, 21 and 28	4:30 to 6 p.m.
You and Your Baby, series 1 and 2	Wednesday and 28	8 a.m. to 12 p.m.

Class space is limited. To register for classes or for more information, call 221-0349 or 221-2418.

PostPulse: What do you think about the extension of daylight time?



"I think the extension is a bit of overkill. Ideally, it should graduate from north to south, since it gets darker in the north sooner."

Jon and Joyce Osborne



"I think it is great. You can get a lot done. Right now when you get home it is dark."

Audrey Lynch



"It is coming way too soon."

Candy Wright



"I just looked on the calendar and saw it. I didn't realize it was changed."

Sgt. Lawrence Kratwell

March is Women's History Month

Test your women's history knowledge

1. Who is one of the co-founders of the National Women's History Project?
 2. Who is the Executive Director of the Third Wave Foundation?
 3. Who blends every American style of music?
 4. Who launched Red Nation Media Internet and Television Channel?
 5. Who was a ninth century suffragist, historian, editor and abolitionist?
 6. Who was the first African-American woman appointed to the Federal Judiciary?
7. Who was one of the Little Rock Nine?
 8. Whose impact on education is indelible?
 9. Who was the first woman superintendent at Yellowstone National Park?
 10. Who is a passionate environmental volunteer?
- E-mail answers to Sgt. 1st Class Rosalba Chambers, 32nd Medical Brigade Equal Opportunity Advisor, at Rosalba.d.chambers@amedd.army.mil. The first two people to respond will receive a prize. For more information, call 221-4240.



Photo by Esther Garcia

Rampage supports Soldiers


On behalf of Morale, Welfare and Recreation and the Fort Sam Houston community, Sgt. Humberto Maldonado, Command Sgt. Maj. Pedro Class, U.S. Army Garrison, and Master Sgt. Ronald Neal, operations NCO for the Garrison, accept tickets for Rampage Military Appreciation Night Feb. 23 at the AT&T Center. Mark Tafolla, of Enterprise Rent-A-Car, donated the tickets to the military. Additional tickets were provided by Lincoln Military Housing and the Miles Program. The ticket donation for military appreciation night was coordinated through the MWR marketing office.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Career Clips

Laboratory technician II, San Antonio
– Work involves operating a motor vehicle for delivery and retrieval of specimens and supplies; maintains forms and records pertaining to vehicle operations; assists in ordering supplies; participates in the pro-

cessing of activities and maintenance of equipment and slide files; under the direction of section supervisor, performs basic functions in the laboratory.

Director of quality improvement, San Antonio – Provides performance improvement training and education and acts as a facilitator for campus implementation and process improvements; investigates and assists in identification of areas of improvement with a number of tools to include root cause analysis.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.

Fishing tales

Charlie Taylor, an employee at the Fort Sam Houston Canyon Lake Recreation Area, recently caught a 22 1/2 inch black bass weighing about 7 pounds. At Canyon Lake the black bass or large mouth bass along with other species are currently in the pre-spawning stage. The fish will weigh the most during this time frame. As the water temperature rises they will become very active. The fishing pier and park at Canyon Lake are open year round for outdoor activities.



Photo by Lori Willis

Gone fishin’ Angler hopes others will get ‘hooked’

By Capt. Cody Roberson
Special to the News Leader

Need something to do or need to get off the couch? Let’s go fishing. For the novice angler here are some tips to get you started.

Keep it simple. Visit a local sporting goods store or bait shop and pick up a Zebco 202 or a Rhino spin cast rod and reel combo. For about \$25 to \$35. Either one is extremely easy to use and no need to buy an under spinner reel or bait caster, it already comes spooled on the combo.

Next, “tackle” tackle. As a beginner just focus on catching fish. Nothing is more reliable than a good old hook, sinker and bobber setup. A sporting goods store clerk or manager can help with this.

Tackle boxes. A simple tackle box is needed to store the hooks, sinkers and bobbers and keep everything organized. Tackle boxes range in price from \$10 to \$100, but be practical, look for one under \$20.

Licenses. To keep it all legal, a fishing license and the “2006-2007 Texas Parks and Wildlife Outdoor Annual Hunting and Fishing Regulations” are required. To purchase a license, visit a local bait and tackle shop, sporting goods store, Parks and Recreation in the

local area or the MWR Outdoor Recreation Center. When applying for a license, be sure to show a military ID if applicable, and ask for the “Super Combo” hunting and fishing license. It’s free to service members. Fishing without a license, is against the law and if stopped by the game warden can ruin a great fishing day.

Baiting the hook. Finally, two types of bait are suggested, minnows or worms. An angler can literally catch every sporting freshwater fish, to include turtles on one of these baits.

Good luck fishin’!
(Editor’s Note: Roberson is an avid angler who fishes on the pro-amateur circuit.)

Sports Briefs . . .

Intramural soccer

A coaches and rules meeting will be held Monday at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 3. For more information, call 221-1180 or 221-1234.

Intramural spring softball

A coaches and rules meeting will be held Friday at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 2. For more information, call 221-1180 or 221-1234.

Intramural golf

If interested in participating in the intramural golf league, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Tuesday at 12 p.m. at the Fort Sam Houston Golf Course. League play starts April 3.

Men’s, women’s softball tryouts

Players are needed for the men’s and women’s post softball team. For more information,

call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural tennis

Letters of intent for intramural tennis are due April 2. Send letters to the Jimmy Brought Fitness Center or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held April 5 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 12. For more information, call 221-1180.

Spring intramural flag football

Letters of intent for spring intramural flag football are due April 2. Send letters to the Jimmy Brought Fitness Center or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held April 4 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 16. For more information, call Earl Young at 221-1180.

Ice hockey players needed

Ice hockey players of all skill levels are needed to play. For more information, call Jason Hess at 977-3210.

Be part of ‘Race for the Cure’

The 10th Annual Komen San Antonio Race for the Cure will be held March 31. To join the BAMC Medical Mile Steppers team, visit the Komen Web site at www.sakomen.org, click on “Join an Existing Team,” click on “Search for a Team” and select the BAMC Medical Mile Steppers. Everyone is welcome to participate. The deadline to register as part of the BAMC team is March 17. Seventy-five percent of the money raised by at this San Antonio event is put back into the community to help fight breast cancer and help women diagnosed with the disease. For more information about the BAMC team, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

Housing update

To celebrate St. Patrick’s Day, Lincoln Military Housing welcomes children of all villages to come to the housing office March 16 for candy and pictures with the Green Leprechaun and his rainbow.

For photos and upcoming activities, residents can visit LMH’s interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

February Survey of the Month

Lt. Col. Robert Griffith

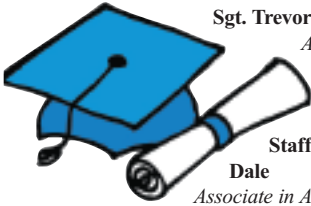


February Yards of the Month

3121 William Hardee Road 479 Wheaton
2816 Marvin R. Wood

Congratulations graduates!

The Army Continuing Education System congratulates the February 2007 graduates from Wayland Baptist University:



Sgt. Trevor Baker
Associate in Applied Science

Staff Sgt. Patrick Dale
Associate in Applied Science

Staff Sgt. Jacolbi Thomas
Associate in Applied Science

Sgt. 1st Class Michael Untalan
Bachelor of Science in Occupational Education

Staff Sgt. Rhonda Nimblette
Bachelor of Science in Occupational Education

Sgt. 1st Class Keith Pernell
Bachelor of Science in Occupational Education

Staff Sgt. William Reeve
Bachelor of Science in Occupational Education

Staff Sgt. Sean Spencer
Associate in Applied Science/Bachelor of Science in Occupational Education

Master Sgt. Gerald Thomas
Bachelor of Science in Occupational Education

Sgt. 1st Class Grant Wright
Associate in Applied Science/Bachelor of Science in Occupational Education

Gaelakeyshia Porter
Associate in Applied Science/Bachelor of Science in Occupational Education

Sgt. 1st Class Jeffrey Emry
Bachelor of Science in Occupational Education

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic services:
4:45 to 5:15 p.m. - Confessions - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant services - Sundays:
8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant
Jewish services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic service: 12:30 p.m. - Mass - Sundays
Protestant services:
10:30 a.m. - Collective Gospel
Protestant - Sundays
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided.
Samoan Protestant service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic services:
8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays
11 a.m. - Mass - weekdays
Protestant services:
10 a.m. - Worship - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays
Protestant service: 9 a.m. - Sundays
Christian education: 10 a.m. - Sundays
Gospel service: 11 a.m. - Sundays
Church of Jesus Christ of Latter Day Saints:
9:30 a.m. - Sundays at Evans Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children’s religious education - Sundays
1:30 p.m. - Jumma - Fridays
7:30 p.m. - Adult religious education - Thursdays

Installation Chaplain’s Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site:
www.samhouston.army.mil/chaplain

Army Community Service Financial Readiness March Class Schedule

Class	Date	Time
Understanding Your Credit Report	Today	2 to 4 p.m.
Financial Planning	Tuesday and 15	2 to 4 p.m.
Identity Theft	20	2 to 4 p.m.
Checkbook Maintenance	27	2 to 4 p.m.

Understanding Your Credit Report - How to pull your individual credit report, review, correct and update your credit report.
Financial Planning – Information on savings, credit and establishing budgets.
Identity Theft – Information on how not to become a victim, how to recognize and what to do if you become a victim of identity theft.
Checkbook Maintenance – This class is offered for personnel referred by the command for abusing and misusing check-cashing privileges. All personnel can attend this class.
All classes are held in Building 2797, 2010 Stanley Road, Training Room 1. Class space is limited. To register or for more information, call 221-1612.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



The 'losers' are . . .

Cheryl Harrison,
Laura Nalls,
Kathy Maple,
Terry Miller,
Delaine Hall,
Letitia Wright and
Lori Newman.



Barbara Lucas,
Sharon Hodges,
Rosie Rivers,
Jennifer Morris,
Carolyn Gardner,
Jan Eagan,
Phyllis Bergen,
Sunshine Jeane
and Master Sgt.
Donald Lamberth.



A losing proposition

Contestants vie for title of Fort Sam's 'Biggest Loser'

By Elaine Wilson

Fort Sam Houston Public Information Office

(This is a first in a series of articles about "The Biggest Loser" program at Fort Sam Houston. Each month, the News Leader will check in with contestants to track their progress.)

They've been called overweight, obese, stocky and thick, but until now they've never been called losers.

But that's exactly what 33 people at Fort Sam Houston are aspiring to be over the next six months. The "loser" wannabes have banded together to slim down and shape up as they vie for the title of Fort Sam Houston's "Biggest Loser."

"I joined to be a part of a group," said Letitia Wright, Department of Information Management. "This is the first opportunity I've had to join my co-workers and come up with strategies to conquer this weight problem that's so common today."

The idea for the competition started in January, when six co-workers decided that this year their New Year's weight-loss resolutions would stick. They came up with the idea of a healthy eating and weight loss competition based loosely after the popular NBC show of the same name.

"I'm tired of feeling like a blob," said Cheryl Harrison, Public Information Office. "It was time to do something about it. We figured if we did it together, we could motivate each other to eat right and exercise and not give up."

The story of their weight-loss endeavor and presence in the gym every day at lunchtime attracted interest. They decided the more, the merrier, and opened the competition up post-wide. The response

was overwhelming, Harrison said.

"We're still getting phone calls even though the deadline has passed," she said. "People are excited there's a program out there that has a sense of camaraderie and accountability."

Despite their own weight-loss progress, which ranges from 5 to 10 pounds, the ladies re-started their program along with the new participants. The group met for a baseline weigh-in and taping Friday at the Jimmy Brought Fitness Center and will continue with weekly weigh-ins until the contest ends Aug. 2. Twice a month they will meet for a group session featuring advice from the program's nutrition expert, Capt. Renee Cole, and fitness expert, Cathleen Burrell.

Although contestants are free to follow their own food and fitness plan, the experts will encourage them to eat healthy and exercise.

"It's not about being perfect; it's about being persistent," Burrell advised. "You're going to have good and bad days. The important thing is to stick with it."

Cole advised people to avoid diets. "Diets create an endless cycle. People go back to their original lifestyle after they lose the weight, gain it back, then go back on the diet. It's important for people to rediscover their hunger and fullness signals, although all of us have been trained throughout our lives to ignore them. We've been told to clean our plates or only eat at a certain time whether we're hungry or not. Listen to your body."

Cole also encourages people to follow The Food Guide Pyramid, which represents food groups that make up a balanced, healthy diet.

"And be active," she added. "I once read a quote: 'You don't stop being active because you grow old. You grow

older because you're less active.' There's a lot of truth to that statement."

At the program's end, after a final weigh-in and taping, the person with the most overall improvement will be named "The Biggest Loser" and featured in an edition of the Fort Sam Houston News Leader.

But for most, if not all, contestants, the competition is a friendly one without an eye on the prize. They're more focused on gaining a few workout partners and some motivation.

"I've been exercising since Thanksgiving and wanted to make sure if I got a notion to quit, there would be something to make me continue," said Phyllis Bergen, Army Medical Department Center and School's Department of Academic Support and Quality Assurance. "Being overweight is not good for my health. It was time to do something for Phyllis."

"I think the program will help motivate me when I'm alone and tempted to eat," said Sgt. 1st Class James Jones, Army career counselor with the 90th Regional Readiness Command.

Nancy Hardin, Fort Sam Houston Youth Center, said the program has already motivated her to start exercising daily. In turn, she has gotten her husband moving.

"I want to lose this weight," she said. "I know the only way I'll do it is with a group of people."

Some contestants aim to lose 10 pounds and others, in excess of 30. But all are united in their desire to look and feel better.

"Just a few pounds make a big difference," said Lori Newman, who hopes to drop 15 pounds. "I've started exercising again and am eating healthier. I already feel better. I'm glad I committed to a healthier lifestyle."



Audrey Phillips,
Fredia Cain,
Sgt. 1st Class James Jones,
Ava Benitez,
J. Robyn Fairclough,
David Fairclough,
Staff Sgt. Robert Zamora,
Nancy Hardin and
Cindy Callison.

Photos by Elaine Wilson



Minnie Jones, Margo Washington and Olivia Mendoza. Not pictured are Gwendolyn Mason, Rosa Ramos-Williams, Debra Lynn Byus, Carol Brock and Cindy Hankins.

Toss diet books; slim down with healthy eating, exercise

By Capt. Renee Cole
Chief, Outpatient Nutrition Health Promotion

Are you caught up in a dieting cycle? It’s understandable; the promises are so alluring — lose 20 pounds in 10 days, drop from a size 20 to size 4, eat everything you want without lifting a finger. Yes, we’ve all heard these claims, but did you know that 71 million Americans — 25 percent of men and 45 percent of women — are currently on a diet? The dieting industry sells 40 million dollars worth of dieting products each year and yet more than 65 percent of Americans are overweight and the numbers are still rising. For those of us who feel that dieting is the only way to get by, what are we afraid of? There are three top fears that haunt our thoughts. The first, “If I stop dieting, I won’t stop eating.” We’re so used to gaining weight when we stop dieting that we believe it will happen again. Second, “I don’t know how to eat on my own.” We’re so used to others telling us what to eat, when and how it should be done. And finally, “I’ll never be able to control myself.” After numerous diets we tend to lose faith in ourselves and no longer feel in control of our own destiny.

Neverending cycle

The dieting cycle follows a circular path that is very hard to break. It involves following a strict diet with specific foods to avoid. After a while, you start to crave these foods and finally cave. You feel guilty for breaking the diet and figure you might as well indulge now and enjoy the food. This leaves you feeling even worse, and you consider food the enemy but decide that you’ll do better next time. Thus, you start the cycle again. You may have lost weight but usually put it right back on since the diet never really taught you the skills to change to healthier lifestyle behaviors. Why do we do this to ourselves? It all comes back to those fears; we don’t trust our judgment, we’re not really sure how to eat since we’ve heard so many mixed messages and we just want someone else to tell us what to do. Well, we can break out of the cycle. We just need to accept the harm that dieting does, become aware of our own dieting thoughts and behaviors and get rid of the dieting tools that keep us going. Easier said than done, right? Maybe not ... let’s look at the harm done by diets. Dieting causes changes to occur in our body that actually promote fat gain and muscle loss. Muscle is important to keep our metabolism going. Emotionally we suffer since diets pay a heavy toll on our self-worth sparking the desire to start the next diet. Each time the diets get shorter, we fall that much harder.

Are you really hungry?

Many of us have forgotten what hunger and fullness truly feel like. Somewhere along the line we lose this ability. Think about it; we’ve been held to many rules in our lives that demand we eat when not hungry or continue eating when full. For instance, you’ve probably heard, “You’re not getting up from the table until you clean your plate,” or “you have to eat, dinner is on the table.” Forget about the concept of willpower. You can’t fight nature. Our body naturally tries to control our blood sugar levels, which only last about three to six hours before dropping and causing the hunger signal to surface. Try not to go more than five hours at any given time without eating.

Toss diet tools

Now we need to get rid of the dieter’s tools. Throw out the fad dieting books because most of them rely on unrealistic rules and sacrifices and many send conflicting messages confusing us even more. Put away the bathroom scale; it is a false idol. Our weight changes slightly on a daily basis due to normal changes in water weight. Watching the scale twice a day is going to drive you crazy. A better way to measure your progress is to watch how your clothes fit over time. You can lose fat and gain muscle and still weigh the same (muscle weighs more than fat). Throw out the diet foods that you don’t like. We all deserve to enjoy the foods we like. But how are we going to do this?

The solution

The key is moderation, balance and variety. Moderation, meaning, forget about super-sizing your food and learn more about serving sizes. You want to eat until you no longer feel hunger, but pleasantly content. Add variety by including fruits and vegetables since they add bulk and help trigger the feeling of fullness without the high calories. Balance your food choices over all of the food groups. Make peace with the food items you feel are not allowed; they all have a place in your life as long as you don’t indulge. Usually when you allow yourself to eat these forbidden foods, you’ll find it takes much less of it to feel satisfied. Add physical activity; it doesn’t have to be strict exercise, just get moving to boost your body’s energy needs. The bottom line is if all of these diets worked, there would not be a need for a new one and the obesity rates would stop rising. Now’s the time to give up dieting and make the changes needed to live a healthier lifestyle. For more information, visit www.eatright.org. (Source: “Intuitive Eating, a Revolutionary Program that Works,” by E. Tribole and E. Resch)

The experts:

Nutrition - Capt. Renee Cole

Capt. Renee Cole is the chief of Outpatient Nutrition at Brooke Army Medical Center. She has a bachelor’s degree in biochemistry, a master’s degree in nutrition sciences, a PhD in nutrition, and is a registered and licensed dietitian. The former Reserve Army medic also worked as a scientist with a pharmaceutical company in upstate New York while she worked her way up the ranks, eventually transitioning to active duty.

Fitness - Cathleen Burrell

Cathleen Burrell has been a fitness trainer since March 2005. She is certified in personal training through the National Academy of Sports Medicine. She is currently working on her Corrective Exercise Specialist certificate for post-rehabilitation techniques through the National Academy of Sports Medicine. She also served as a captain in the Army, formerly assigned to 1st Cavalry Division at Fort Hood, Texas.

Child and Youth Services

Patron survey

The Child and Youth Services Child Development Center and School Age Services are currently surveying patron needs for early morning facility openings. The survey can be completed at the child’s activity. The survey will assist the activity in setting hours of operation that best serve the needs of the community.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet March 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff and learn of upcoming events and parent education opportunities.

Baseball registration

Registration for youth baseball will be held through Friday at Central Registration for children ages 3 to 17. Participants must be registered with Child and Youth Services. To register, patrons must have a current sport physical, updated shots for kindergarten through fifth grade, child’s Social Security number, two local emergency

designees, sponsor’s Leave and Earnings Statement and spouse’s W-2 form. There is an \$18 registration fee and \$45 baseball fee. If financial documentation is not provided patrons will be placed in the highest income category. For more information, call Central Registration at 221-4871 or 221-1723.

Baseball coaches needed

The Child and Youth Services Sports Program is recruiting for volunteer baseball coaches. Applicants must consent to and clear background checks. For more information, call 221-4871 or 221-5513.

Sports registration requirements

Registration for any Child and Youth Services sports requires a current sport physical and shot records for children fifth grade and younger, two local emergency designees, \$18 registration fee, activity fee, child’s Social Security number, sponsor’s Leave and Earnings Statement and spouse’s W-2 form. Patrons who do not provide income verification will be placed in the highest income category.

Intermittent childcare

Child and Youth Services provides hourly care for families seeking intermittent childcare. Children must be registered with CYS. Care is based on availability and must be reserved in advance. School Age Services offers five to 10 free hours of open recreation to registered SAS users Monday through

Friday from 3 to 6 p.m. for first through fifth grade children and must not exceed two days per week. For more information, call Central Registration at 221-4871 or 221-1723.

Instructors needed for SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills seeks instructors in the following areas: dance, swimming, cooking, self-defense, art, voice, gymnastics, ceramics, stained glass, basic automobile, rollerskating, SAT/ACT preparation, astronomy, basic budgeting, science exploration, languages and sewing. SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardiopulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 through 18, when age appropriate. For more information, call 221-0497.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

Youth Center Happenings

Cooking classes will be held every Friday and Saturday from 5 to 6 p.m.:
Friday - Texas Trash
March 16 – Sweet Shamrocks
March 17 – Kiwi Lime Pie

Club meeting schedule:
Today - Smart Moves, 5 p.m.
March 19 – Computer Club, 5 p.m.
March 20 – Triple Play, 5 p.m.
March 21 – Photo Club, 5 p.m.
March 22 – Passport to Manhood, 5 p.m.

Arts and Crafts schedule:
Today – framed poetry magnet
Saturday – sparkling beaded candleholder
March 15 – friendship quilt

Field trips and events:
Friday – Live Oak: “Mimzy,” 6:30 to 10 p.m., \$6
Saturday – Bike riding trails, field trip, 3 to 6 p.m.
Tuesday – Teens, movie at the Alamo Quarry, 6:30 to 9 p.m., \$7
Wednesday – Movies at the youth center with cookies and ice cream, 7 p.m.
March 17 – St. Patrick’s dance, 8 to 11 p.m., members, \$3, visitors, \$4

Community Recreation

Equestrian Center spring youth camp

The Equestrian Center’s Spring Youth Horsemanship Camp will be held Monday to March 16 from 9 a.m. to 3 p.m. for youth ages 7 to 17. The camp provides beginner-level horse riding instruction and care. Registration is ongoing and the cost is \$195 per person. To register or for more information, call 224-7207.

5K fun run/walk

Support National Nutrition Month and participate in the 5K fun run/walk March 24 at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

3-D archery shoot

The next 3-D archery shoot will be held March 24 and 25. Registration is 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis

Comedy Show

The Sam Houston Club and Prime Entertainment present a night of comedy March 16 from 9:30 to 11 p.m at the Sam Houston Club. The show features James Ponce, Walter Campbell and Jesse Pangelinan. Advance tickets are \$10 and include dinner with the show; tickets purchased at the door are \$15. An after-party will immediately follow the show. Content may not be appropriate for individuals under 18 years old. For more information, call the MWR Ticket Office at 226-1663 or 224-2721.

Outdoor Recreation Center at 295-7577.

Run, bike duathlon

The Fort Sam Houston 5K/14 mile/5K duathlon #3 will be held March 25 at 7:30 a.m. at the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Golf Club, 221-9386

Warriors monthly scramble schedule change

In April the Warriors Monthly Scramble will move to the first Friday of each month. The next tournament will be held April 6. The shotgun start will remain at 12:30 p.m. Register up to four players to participate in the tournament. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop, or for more information call 222-9386.

Bowling Center, 221-3683

Bowl-A-Jam

Bowl to the sounds of popular contemporary music at Bowl-A-Jam Saturdays from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. The cost is \$8 and includes shoes and one order of fries per lane. For more information, call 221-3683.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held March 18 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The brunch features a kids’ meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old.

Children 5 years old and under eat free. For more information, call 224-2721.

All-you-can-eat pasta family night

Family night at the Sam Houston Club will be held March 23 from 5:30 to 7:30 p.m. Bring the entire family and indulge in the all-you-can-eat pasta and pizza bar. The cost is \$9.95 for adults, \$6.95 for children ages 6 to 11 and free for children 5 and younger. Children’s games and activities provided. For more information, call 224-2721.

All-You-Can-Eat Hotdogs - Super TGIF

In celebration of National Hotdog Day, the Sam Houston Club will offer an all-you-can-eat hot dog bar March 30 from 5 to 7 p.m. in the Seguin room. Live entertainment will be provided. For more information, call 224-2721.

Easter Brunch

Reservations for Easter Brunch at the Sam Houston Club are now being taken. Easter Brunch will be April 7 from 10 a.m. to 2 p.m. A variety of breakfast, lunch and dessert items will be served. The cost for members is \$15.95 for adults, \$7.95 for youth 6 to 11 years old and free to youth age 5 years and younger. Non-members pay \$17.95 for adults, \$8.95 for youth 6 to 11 years old and free to youth age 5 years and younger. To make reservations or for more information, call 224-2721.

Harlequin Dinner Theatre, 222-9694

The comedy, “Bus Stop” by William Inge, will play at the Harlequin Dinner Theatre through March 31. Tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. The doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For reservations or more information, call 222-9694.

MWR Ticket Office, 221-1663

Tickets are on sale for local attractions and events as well as for out-of-state theme parks at the MWR Ticket Office located inside the Sam Houston Club. The ticket

Texas Hold ‘Em tournament

The 2007 Texas Hold ‘Em tournament first round will be held March 30 from 6 to 10 p.m., and the second round will be held March 31 from 10 a.m. to 2 p.m. at the Sam Houston Club. Sign up by March 28. The first place winner receives a \$500 gift card in the double elimination tournament. First place winners from each participating Army installation will be invited to compete in an online final competition and get a chance to win grand prizes. The first place online winner will receive an ultimate home theater package, second place receives a laptop computer and third place a \$650 gas card. Participants must be at least 21 years old. The registration fee is \$15 and includes a sandwich plate and unlimited soft drinks. The event is sponsored by Coca-Cola (Vault Energy Drink) and Coors Light. For more information, call 224-2721.

office is open Tuesday through Friday from 10 a.m. to 5 p.m. and closed Saturday, Sunday and Monday. For more information, call 226-1663 or 224-2721.

Coushatta Casino Resort Trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La., April 10 at 7 a.m. and will return April 11 at 10 p.m. The bus will depart from the Sam Houston Club. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo identification at all times. Make reservations at the ticket office by April 4. For more information, call 226-1663 or 224-2721.

Events

Raven’s ‘Thanks to the Troops’ game

The San Antonio Ravens and Sprint/Nextel will host a “Thanks to the Troops” game Saturday at 6:30 p.m. at the South San Antonio Stadium, 760 Stadium Drive. The Ravens take on the Louisiana Roadrunners. The game will feature the U.S. Air Force Honor Guard, activities for the children, music and a chance to win “The 2007 Ravens Tundra.” All military and Department of Defense personnel will be admitted free with proper ID. Children ages 12 and under are free. There will be a tailgate party after the game at the Sprint store located at 541 S.W. Military Drive. For tickets or more information, call the Ravens at 815-6352.

‘Marketing Yourself for a Second Career’

The Army Career and Alumni Program will host a seminar called “Marketing Yourself for a Second Career” Tuesday from 9 to 11:30 a.m. in Blesse Auditorium, Building 2841, Stanley Road. The guest speaker will be retired Marine Col. Dick Crampton. The event is sponsored by The Military Officers Association of America and is open to all senior enlisted and officers planning to retire from the military. For more information or to make reservations, call Russ Lane at 221-1213.

Pacific Combat Show

The National Museum of the Pacific War will present its Pacific Combat Show March 17 and 18, with show times at 10:30 a.m., 1 and 3:30 p.m. in the Pacific Combat Zone facility, 340 E. Main St., Fredericksburg, Texas. The 90-minute living history program will focus on the lives and combat efforts of those who served in the Pacific Theater of World War II. Cost of the program is \$3 for adults and \$2 for children. Ticket purchase to the museum includes admission to the Pacific Combat Show.

MOAA Luncheon

The Military Officers Association of America, Alamo Chapter will host a luncheon March 22 at the Sam Houston Club. The guest speaker will be Rick Castrom, chief of the Combat-Related Compensation Board, Air Force Personnel Center, Randolph Air Force Base. His presentation will cover information on combat-related special compensation and concurrent receipt policies. The cost of the luncheon is \$16. Reservations must be made by March 16. For more information or to make reservations, call 228-9955.

Senior Games of San Antonio

The Senior Games of San Antonio will be held March 23 through April 1 at several city-wide locations with competitions ranging from archery to volleyball. Applications are available at the Barshop Jewish Community Center, local Barnacle Bill’s, all WellMed medical groups, Parks and Recreation locations and most bowling centers. Participants can also register online at ww.saseniorgames.com. Registrations must be received at the JCC by Sunday. The Games are open to adults ages 50 and older. For more information, call the Senior Games Hot Line at 302-6820.

Hiring Heroes Career Fair

The Hiring Heroes Career Fair will be held March 27 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road. Attendees should bring copies of their résumé and be prepared to meet with recruiters. For assistance with résumé building, call the Army Career and Alumni Program at 221-1213 or the Family Member Employment Assistance Service Program at 221-0516. For more information, call Michael Main at 221-0619 or e-mail michael.main @samhouston.army.mil.

Military Community Job Fair

The Military Community Job Fair will be held March 28 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. Attendees should bring copies of their resume and be prepared to meet with recruiters; more than 100 employers will be at this event. The

job fair is sponsored by several Fort Sam Houston and Randolph Air Force Base military community services, the U.S. Department of Labor/VETS, the Texas Veterans Commission and the Disabled American Veterans. For more information, call the Army Career and Alumni Program at 221-1213.

VFW Casino Night

The James B. Sprague VFW, Post 8541 will host a Casino Night March 31 from 6 to 10 p.m. at 2222 Austin Highway. The event will feature free food, \$1000 in chips, door prizes and a chance to win a big screen high definition TV. The cost is \$25 in advance or \$30 at the door. For more information, call 655-2944.

ROA offers scholarships

The Reserve Officers Association is accepting applications for the Henry J. Reilly Memorial Scholarship. Applications are available online at www.roa.org/site/PageServer?pagename=reilly_scholarship. The submission deadline is April 10. A minimum of 60 scholarships will be awarded to graduate and undergraduate children and grandchildren of members. For more information, e-mail henry.david.Pendleton@us.army.mil.

OCSC ‘Tour of Homes’

The Officer and Civilian Spouses’ Club will host a “Tour of Homes” April 14 on Fort Sam Houston. Tickets will be on sale Saturdays throughout March in front of the Fort Sam Houston Post Exchange between 10 a.m. and 2 p.m. Cost of tickets are \$10 in advance or \$15 the day of the event. Tickets may also be purchased by calling Christen Jensen at 212-5725.

OCSC Joint Services luncheon

The Officer and Civilian Spouses’ and the Lackland Officer’s Spouses’ Clubs will host a Joint Services Luncheon March 29 at 11 a.m. at the Lackland Gateway Club. The guest speaker will be “Heloise” the columnist. Cost for the luncheon is \$12 and \$15, and must be paid in advance. For reservations, call Jen at 595-3179. For tickets by mail, send a check to LOSC, P.O. Box 27491, San Antonio, Texas, 78227. For more information, call Susan Luciano at 475-9973.

OCSC welfare funds

The Officer and Civilian Spouses’ Club applications for welfare funds are available at the Army Community Center’s front desk, Building 2797, or by calling Sue York at 845-4490. The OCSC contributes to non-profit organizations supporting the welfare of the armed forces and their families located at Fort Sam Houston and Camp Bullis. Applications must be postmarked by April 1.

Meetings

Retired Officers’ Wives,Widows meet

The Retired Officers’ Wives and Widows Club will meet March 27 at 11 a.m. at the Sam Houston Club. Guests are welcome. For more information or reservations, call Arline at 822-6559.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil; or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

Training

ESL Classes

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. Sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program, ESL classes are for foreign-born spouses to increase reading comprehension, vocabulary

and pronunciation. For more information or to register, call 221-2418.

Volunteer

Pediatric dental patients needed

The Pediatric Dental Department on Lackland Air Force Base will provide drop-in dental screenings Wednesday from 8 to 11 a.m. at the Lackland Skylark Community Center Longhorn Room, Building 6576. No appoint-

ment is required; however, children must be signed in by 10 a.m. Dental screenings are available for all eligible military medical beneficiaries under age 12. Children will receive a dental screening exam, an opinion on dental condition and appropriate treatment recommendations or alternatives. Parents should bring a copy of their child’s treatment plan or referral letter from their private dentist. For more information, call Staff Sgt. Lemonica Williams at 292-4072.

It’s Not Easy Being Green 2007 Spouse Conference

Military spouses wear many hats. Don’t miss this opportunity to recharge your batteries and have some fun. Pick up advance registration forms at Army Community Service, library, Sam Houston Club, Brooke Army Medical Center medical mall information desk, Officer and Civilian Spouses’ Club luncheon and Child and Youth Services Central Registration. Registration won’t be available on the day of the conference. If unable to attend the entire conference, join us for a portion. For more information, call Judith Markelz at 241-0811 or Suella York at 845-4490.

Workshop Schedule:

March 29, 10 to 11 a.m. - Workshop A

- A-1 Bouquets that bloom - floral centerpiece arranging, (\$6 materials fee, limit 12 participants)
- A-2 Who you gonna call? - tour guide Docia Williams (interesting information around San Antonio)
- A-3 Decorating quarters for pennies - useful tips for military families
- A-4 Strike a pose for yoga - learn the basics
- A-5 Mirror, mirror on the wall - whose expression tells it all?

11:15 to 12:15 a.m. - Workshop B

- B-1 Hands on for hand stamping
- B-2 Discovering the Lone Star State - day and weekend trips
- B-3 These boots weren’t made for walking - line dancing
- B-4 Kochen and Deutscher art - German cooking (limit 20 participants)
- B-5 There’s an elephant in the room - looking for the right thing to say

1:15 to 2:15 p.m. - Workshop C

- C-1 Military life, a little less green - navigating community resources
- C-2 Just bead it - jewelry making (\$2 materials fee, limit 12 participants)
- C-3 Sultry salsa dancing - just in time for Fiesta
- C-4 Don’t let fitness “weigh” you down - light weight training (wear loose clothing)
- C-5 Sketelons in the closet - historic Fort Sam Houston quarters and occupants

March 30, 10 to 11 a.m. - Workshop D

- D-1 The yellow rose of Texas - container gardening and Texas plants
- D-2 Paper pizzazz - scrapbooking and photo frames
- D-3 Scam alert! - Internet safety
- D-4 Show them what you are made of - crafting an impressive resume
- D-5 Get your poker face on! - learn Texas-Hold’em

11:15 a.m. to 12:15 p.m. - Workshop E

- E-1 Aromatherapy - how to relax in a chaotic world
- E-2 Self-defense for women - all the right moves (wear loose clothing, no shorts)
- E-3 Just bead it - jewelry making (\$2 materials fee, limit 12 participants)
- E-4 Tool time - basic home repairs we should all know
- E-5 Getting into the swing of things - swing dancing

“It's Not Easy Being Green” 2007 Spouse Conference
March 29 and 30 at Dodd Field Chapel
REGISTRATION FORM

Name: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please identify the workshops you wish to attend each day. Using the list above as a reference, indicate the two-character codes in order of your preference. You will receive your complete two-day schedule as part of your onsite check-in, which begins at 8:30 a.m. March 29. Please include your second and third choices

for workshops in case the classrooms reach capacity. Workshop preferences will be allocated on a first-come first-served basis. Both days are full of exciting workshops, but if you are unable to attend the entire conference, please join us for whatever portion accommodates your schedule.

Thursday
Workshop Series A
10 to 11 a.m.

Sample: A3

1) _____

2) _____

3) _____

Thursday
Workshop Series C
1:15 to 2:15 p.m.

Sample: C2

1) _____

2) _____

3) _____

Friday
Workshop Series D
10 to 11 a.m.

Sample: E5

1) _____

2) _____

3) _____

Thursday
Workshop Series B
11:15 a.m. to 12:15 p.m.

Sample: B3

1) _____

2) _____

3) _____



Friday
Workshop Series D
11:15 a.m. to 12:15 p.m.

Sample: D3

1) _____

2) _____

3) _____

*Please enclose your check or money order for the \$5 conference fee payable to IMWRF with this completed registration form and mail both to: Judith Markelz, 405 Crestwind Drive, San Antonio, TX 78239. Registrations must be postmarked no later than March 21. Registration is not available on the day of the conference. If additional fees for materials apply to the workshops you have chosen, please be sure to include those fees along with your conference registration fee conference.

** Classes and instructors are subject to change

*** Limited free childcare is available at Dodd Field Chapel. Attendees must pre-register for childcare at CYS Central Registration at the Roadrunner Community Center, Building 2797. An up-to-date shot record will be required.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To

submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Cherry wood table with six chairs and matching two piece cabinet, two cherry wood end tables with center glass and matching coffee table with center glass, \$900 obo. Call 650-4973, leave message.

For Sale: Four Goodyear Wrangler tires, 265x70x17, fit most GM SUV, \$400. Call 590-1614 or 885-1807, leave message.

For Sale: Sauder TV cabinet for 32-inch TV, dark wood with doors and shelves, in excellent condition, \$125 obo; wedding dress, size 4 to 6, short sleeves, beading, veil, 9-foot train and crinoline, \$65 obo. Call 475-9973.

For Sale: 2000 Toyota Camry, 65K, auto, AC, AM/FM/CD, cruise, power windows and locks, Michelin tires, \$8,100. Call 295-2883.

For Sale: Barbie VW power wheel, battery and charger, \$45; Thomas the Tank Engine play table comes with 40 trains, tracks and other accessories, \$250; 1994-1997 Honda Accord full cat back racing exhaust, \$150 obo; Honda Accord DC sports header, \$100 obo; auto meter racing gauges with 5-inch tach and shift light, \$150 obo. Call 363-2056.

For Sale: 1967 Cadillac Deville convertible, baby blue with new white top and head liner, white leather interior, 83K, restored. Call 386-3066.

For Sale: German Schrank wall unit, 11-feet long by 8-feet high, contemporary style, dark mahogany color with one glassed section, \$250 obo. Call 830-438-2860 after 6 p.m. or 218-2975 leave message.

For Sale: Vintage child’s student desk, \$25; girls’ bike, free; boys bike, \$25; Bassett oak baby crib, \$100; two ladies semi-formal military ball dresses and one skirt suit, size 10, \$50 each. Call 826-0882.

For Sale: 2004 Nissan Sentra, SE-RS-Spec-V, six speed, upgraded wheels and tires, music system, 31K, \$12,300. Call 221-8455, 662-9263 or 334-1816.

For Sale: Panasonic color TV, \$85; swivel office chair leather, \$75; beige rug with design, 8 feet by 10 feet, \$125; two stained glass windows, bird scenes, \$150; pillow top Simmons king size mattress set with box springs, \$425. Call 262-3892.

For Sale: Color TV with remote, \$55; antique Underwood typewriter, \$50; antique golf clubs, one set with Bobby T. Jones signature, one set with Byron Nelson’s signature and one set with Betty Berg signature, \$95 each set obo. Call 227-6590.

For Sale: Girls pink 20-inch Huffy bike, \$25; exercise equipment: treadmill, stationary bike, and gravity air rider, \$175 for all obo; pet kennel, 6-feet high by 10-feet long by 6-feet wide, \$75. Call 616-2239.

For Sale: Girls light pink chiffon gown, tea length, sleeveless, size 6, light blue chiffon gown, tea length, sleeveless, size 8, \$20 each; girls 24-inch, 15-speed bike, \$15; two story dollhouse, large with white and green roof or Barbie house on wheels, \$100. Call 260-3975 or 223-4606.

For Sale: Monterrey rustic table with four chairs, in excellent condition, \$500; Canon AE-1 program 35MM camera, includes two lens, flash and other extras, \$200; Medicus 2000 Dual-Hinged swing trainer, includes DVD, manual and adjustment tool, \$95; PC with 17-inch monitor, wireless LAN and many extras, \$250. Call 697-9261 or 363-4056.

For Sale: Play pen with mattress and sheets, leather mauve chair, baby exersaucer, pet transport kennel and dogs (AKC male English bulldog, golden retriever, lab, boxers, Boston terrier, and schnauzer); free cat. Call 633-3859.

For Sale: Studio picture “Panther in the Grass,” 4-inches long by 5-inches wide, \$40 obo; baby changing table \$40 obo, breast pump system, \$120 obo; red tricycle, \$10, more baby stuff. Call 945-8151.

For Sale: Blue couch, 87-inches long, microfiber, in good condition, \$200 obo. Call 659-8629 or 378-5253.